



MARCH 2016

Hi Everyone,

Daylight savings is the second Sunday in March, the 13th, time to spring ahead! We lose an hour but there will be more light in the evening...now if it would just warm up so we can spend more time outside! I filled up the propane tanks for the grill and am ready to start grilling again. We actually BBQ all year but recently with the snow, frigid temperatures and no propane we put grilling on the back burner and dove into hearty comfort food.

What strange and unpredictable winter weather we have been having. I am so looking forward to the first day of spring which is Sunday, March 20th! I know it doesn't mean much weather wise but I do so like the sound of it. Be patient and the first day of summer will be here before you know it!

Nancy Tyrer is holding two classes this month and Arthur Bergeron is returning for another legal clinic. Check out the calendar for dates and times.

Don't forget to sign up for the St. Patrick's Day luncheon held on Wednesday, March 16, 2016 at Noon. Laura, Program Coordinator



MONTH AT A GLANCE

WALKING CLUB AT THE BOYS & GIRLS CLUB

Tuesdays & Thursdays from 10AM-11AM.

COUNCIL ON AGING BOARD MEETING

Wednesday, March 2, 2016 at 1:30PM.

All meetings are open to the public.

SHAMROCK SEED PLANTING

Friday, March 4, 2016 at 1:30pm.

IRISH BROWN BREAD CLASS

Friday, March 11, 2016 at 1:30PM.

NCEA (Nantucket Center for Elder Affairs)

Wednesday, March 16, 2016 at 3:30-4:30PM.

All meetings are open to the public.

ST. PATRICK'S DAY LUNCHEON AT THE SALTMARSH

Wednesday, March 16, 2016 at Noon.

Call 508-228-4647 by 9AM Monday, March 14, 2016 to make your reservation.

AFTERNOON TEA & MOVIE AT THE NANTUCKET HOTEL

Wednesday, March 16, 2016 at 1:00 PM

Call 508-901-0010 to register

SALTMARSH DINNER

Monday, March 21, 2016 at 5:00-6:00PM.

Paul Connors will sing Irish songs.

Reservations required.

LEGAL CLINIC W/ ARTHUR BERGERON

Thursday, March 24, 2015 at 1:30PM.

MEN'S BREAKFAST

Friday, March 25, 2016 at 8AM.

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ACTIVITIES

DRAWING AND PAINTING

Mondays at 11:00 AM at Sherburne Commons

Join a Drawing and Painting class with local artist and teacher, Julie Gifford. This class offers the fundamentals of painting and drawing, whether you are looking to begin, return or are interested in growing in your art, this could be the class for you.

Call Sherburne Commons at 508-228-4080 to register.

"PLANT A SHAMROCK"

Friday, March 4, 2016 from 1:30 PM to 3:30 PM

Drop by to "Plant a Shamrock" and have an afternoon treat!

The term "shamrock" derives from the Irish word, seamrog, which translates as "little clover." Rather vague, considering that there are many kinds of clovers -- and even more plants that can pass as clovers to the layman. Consequently, in St. Patrick's Day celebrations a number of plants serve as Irish shamrocks.

Join Nancy Tyrer, craft instructor from the Atheneum to make this simple project. Invite a friend to join you if you like and each of you bring a small deep container (4" diameter or smaller). You will plant some shamrocks to take home to grow for a "little green" in March. Stay and have a cup of Irish tea or mint hot chocolate and some cookies. We will have some peat pots to use if you don't have a pot to bring in.

Fee: \$2.00 payable to instructor for materials.

WINTER WALKING CLUB

Tuesdays and Thursdays at the Boys & Girls Club

10:00 AM-11:00 AM.

UNTIL APRIL 14, 2016

FREE-DONATIONS WELCOME

"Most of us are familiar with many of the benefits of walking. We think first of the physical benefits - improving balance, strengthening bones, reducing risk of heart disease and stroke, preventing type II diabetes, and so much more. How often do we consider the mental health benefits of walking? Did you know that walking boosts brain power, drives creativity, helps control addiction, improves self-confidence, and reduces stress (Breene, 2013)?"

Please put your walking shoes on in the building to help preserve the new floors.

IRISH BROWN BREAD

Friday, March 11, 2016 from 1:30-3:30 PM.

Join Nancy Tyrer from the Atheneum to make this recipe. This simple bread contains no yeast, which makes it a snap to prepare. Its slightly dense texture and tangy flavor make it the perfect companion for rich foods like eggs or braised beef. Each participant will go home with a loaf to enjoy plain or toasted.

Fee: \$4.00 payable to instructor- Space is limited.

Call Saltmarsh 508-228-4490 to register so we have enough supplies on hand.



AFTERNOON TEA & MOVIE

Wednesday, March 16, 2016 at 1:00 PM

@ The Nantucket Hotel

"Only the Lonely" featuring Irish Rose, Maureen O'Hara

Free for over 50's, call the 508-901-0010 to register

ACTIVITIES

SALTMARSH DINNER

Monday, March 21, 2016 from 5:00-6:00 PM

Chef Terry Noyes from Sushi by Yoshi will prepare Corned Beef and Cabbage with mint meringues' with vanilla ice cream and chocolate syrup for dessert

\$4.00 donation.

Paul Connors will perform Irish songs

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

**PLEASE CALL THE SALTMARSH IF YOU NEED A RIDE
RESERVATIONS REQUIRED**

LEGAL CLINIC

CREATING A DEMENTIA-FRIENDLY COMMUNITY

Thursday, March 24, 2016 at 1:30 PM.

Join Elder Law Attorney Arthur Bergeron and his guests from Cape Cod & the Islands Elder Services to learn about making your community a Dementia Friendly Community, where you and your loved ones can live out your lives with dignity, despite dementia. Attorney Bergeron will also discuss the Frail Waiver (FEW) and other government programs to help you and your loved ones deal with dementia.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

FRED COOK MEMORIAL MEN'S BREAKFAST

Friday, March 25, 2016 at 8 AM.

Charles Manghis will prepare breakfast.

Call the Saltmarsh at 508-228-4490 or signup at the front desk.

FUN AND GAMES

PAINTING AND DRAWING-MONDAYS at 11:00AM at Sherburne Commons.

Call 508-228-4080.

CONTRACT BRIDGE-MONDAYS & FRIDAYS 1:00PM.

You are responsible for personally signing up in the book, which is available at the front desk and you are responsible for finding a replacement if you can't play. The staff will not be taking sign-ups over the phone or finding replacements.

MEXICAN TRAIN GAME-FRIDAYS at 1:30PM.

Come, learn and enjoy a fun game played with Dominoes.

SOCIAL DUPLICATE BRIDGE-MONDAYS & FRIDAYS at 1:30PM.

All levels welcome, but you need to have some rudimentary knowledge of the game. You are responsible for personally signing up in the book, which is available at the front desk. Extra players will observe.

KNITTING, ETC.-MONDAYS 1:30PM.

Join veteran knitters working on individual projects or come to gain assistance. Bring needles, yarn & pattern. Call the center in advance at 508-228-4490.

ACBL SANCTIONED BRIDGE-TUESDAYS, March 1st & 29th at 1:45PM.

Earn master points. Come with your partner and \$5 payable to Carol Barrett, who is a certified director. The parking lot opens at 1:30. The game will begin when tables are seated.

FUN AND GAMES

DUPLICATE BRIDGE-TUESDAYS, March 8th, 15th & 22nd at 1:45PM.

Carol Barrett directs. Come with your partner. The parking lot opens at 1:30. The game will begin when tables are seated.

SALTMARSH STAR STUFFERS-TUESDAY, March 29, 2016 from 9:00-11:00AM.

All volunteers are welcome in assisting with the Saltmarsh Gazette. Refreshments & snacks offered.

MAH JONGG-WEDNESDAYS 1:20PM.

Play two ways: American and Chinese. Join several experienced and new players for this popular Chinese tile game.

BINGO-WEDNESDAYS 1:20PM.

Games are played for cash prizes. \$1 entrance fee and \$.50/card.

COMPUTER CLASS-FRIDAYS 10:30-12:00

Join volunteer Tom McGlinn as he leads a discussion about ways to make use of the World Wide Web, from E-mail and search engines, to podcasts, internet phone service, and I pad use.

THE FRED COOK MEMORIAL MEN'S BREAKFAST-FRIDAY, March 25, 2016 at 8:00AM.

VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA-THURSDAYS 9:30AM-11:00AM at the Landmark House.

Have you been thinking of trying something new or revisiting your creative artistic roots?

Linda volunteers her time at the **LANDMARK HOUSE** for artistic and creative palette classes. She talks about a variety of arts and crafts with a small group of enthusiastic individuals exploring the visual arts. Linda Zola is a well-known local educator and artist who can provide instruction for drawing, acrylic painting, watercolor, pastel, woodcut and lino printmaking, collage, decoupage, paper-mache, and various mixed media.

FITNESS PROGRAMS

LOW IMPACT AEROBICS W/NANCY SWAIN- M-W-F 8:45-9:45

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

FAST PACED AEROBICS W/JOANNE DAMOURS-M & W 10:05-11:05 (Nancy Swain teaches Fridays class)

Fast paced low impact program, designed for those who want to push beyond their usual level & increase exertion & resistance.

STABILITY & STRENGTH TRAINING W/NANCY SWAIN-TUESDAYS 8:00-9:00

The principles of strength training are used with a stability ball. Please bring your own ball. The purpose of the ball is to improve balance, stability and agility, and to strengthen the core muscles.

YOGA W/BARBARA RIVES-TUESDAYS 9:00-10:00

Join Barbara as she assists beginners and continuing students with yoga instruction. Please wear comfortable clothing.

KETTLE BELL CLASS W/JOE AGUIAR-THURSDAYS 7:50-8:50

This program includes a warm-up, lifting and agility drills with a 5lb. kettle bell and a warm down. During this class you will increase your heart rate & improve coordination and balance

TAI CHI W/DOUG BAIER-THURSDAYS 9:00-10:00

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with increased flexibility, balance & well being.

HEALTH AND WELLNESS

HEARING CARE SERVICES-WEDNESDAY, March 2, 2016 from 11:00-3:00

To make an appointment with Barbara Eaton please call Susanne or Barbara at 1-508-255-1285 or toll free at 1-800-328-1118.

BLOOD PRESSURE & HEALTH & WELLNESS QUESTIONS with Ella Finn on **WEDNESDAY, March 2, 2016 from 11:15-11:45**

BLOOD PRESSURE CLINIC-THURSDAYS 2:15-2:45

SUPPORT

ELDER SERVICES OF CAPE COD AND THE ISLANDS HOME CARE AND RESPITE

Elder Services provides two state funded programs for elders who are no longer independent but wish to remain in their homes. For more information please call Sheri Hunt at 508-228-4647, located at the Landmark House at 144 Orange Street.

THE HOME CARE PROGRAM

Requires an elder to be 60 years old or over, and need assistance with at least one critical task such as bathing, meal preparation, shopping or transportation and be income eligible.

THE RESPITE PROGRAM

Requires an elder to be at least 60 years old, need assistance with at least one critical task & have a daily caregiver. Payment for both programs is on a sliding fee schedule. The respite fee is based on the income of both the elder & his or her spouse.

PALLIATIVE AND SUPPORTIVE CARE OF NANTUCKET

Palliative & Supportive Care of Nantucket has again been awarded a grant from Elder Services of Cape Cod & the Islands. This grant will partially support the continuation of private consultations, in the home or our office, with a nurse practitioner, for family members who help care for a family member or friend who needs some assistance due to illness, disability, or frailty. Caregivers can request an overall evaluation of their situation, including an assessment of the person they help care for, and can receive information, support, and education about various topics ,e.g., the disease process (including Alzheimer's Disease); managing medications; giving personal care; maintaining safety; planning for future health care needs; caring for themselves while caring for someone else; stress management, etc. Referrals for other services may also be made. This program is part of the *Caregivers' Connections Program* which also includes:

***Volunteers**-provide 1-2 hour/week for respite breaks for caregivers, or can help with errands transportation, etc.

***Time Out**-caregiver support groups which will meet Wednesday, March 9th & 23rd from 1:00- 2:30PM in our office, located in the Hospital Dorm Building.-

***Alzheimer's Disease Educational Consultations**-for caregivers of persons with Alzheimer's.

***Lending Library** of caregiver-related topics.

All hospice services are free of charge! Coaching for Caregivers is funded in part by the Elder Services of the Cape & Islands Title IIIB grant under the Older American Act. Voluntary donations are gratefully accepted for this program.

For more information or an appointment, please contact Palliative & Supportive Care of Nantucket, 57 Prospect; phone: 508-825-8325; email: pascon@partners.org; website: WWW.pascon.org

SUPPORT

MENTAL HYGIENE SERVICES AVAILABLE THROUGH LOCAL COUNSELOR-DAVID CHEW

David P. Chew ACSW, LICSW has been awarded a small ESCCI Title III grant to provide outreach mental hygiene services to the elderly population on Nantucket. Services include bio-psychosocial evaluations & brief counseling. The behavioral assessments & counseling will be provided at the client's residence at absolutely no cost. All Nantucket residents over the age of 60 are eligible. The targeted population for this service is residents of Nantucket, economically disadvantaged, low-income minority, disabled, limited English speaking or Alzheimer's diagnosed. Physicians, nurse practitioners, assisted living domiciles, clergy and other organizations and individuals in contact with elderly who have already been contacted by mail to solicit referrals to this program. If you know of a person who might benefit from this service, please contact David Chew at 508-228-1473. Funding for this service is provided from the Executive Office of Elder Affairs, Older Americans Act Title III grant, through our Area Agency on Aging-Elder Services of Cape Cod & the Islands.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP PROGRAM

This group facilitated by Sheila Barrett meets at Our Island Home at 9 East Creek on the last Friday of every month from 1-2PM. Call 508-228-0462 for information.

GET A HANDLE ON MENTAL ILLNESS SUPPORT GROUP

NAMI of Cape Cod and the Islands is pleased to announce the start of a monthly support group for family members and friends of people living with depression, anxiety, bi-polar disorder, obsessive compulsive disorder (OCD), schizophrenia and other neurological disorders. The meetings will take place on the second Tuesday of each month from 7:00-8:30pm at Sherburne Commons, 40 Sherburne Commons Drive. For more information contact Ruth@ 508-221-3437 or ruthieb7@yahoo.com

SERVICES

VETERANS' COUNSELING

The Veterans Administration Center in Hyannis offers counseling to Nantucket Veterans on island by licensed psychologist Dr. Jocelyn Howard on Nantucket. To learn more information or to make an appointment please call the Hyannis Vet Center at 508-778-0124.

VETERAN'S SERVICES are available with Nantucket's Veteran's Agent, Ralph Hardy, at the VFW located at 22 New South Rd. Office hours are Thursday's 8:30AM-12:15PM, by phone anytime, leave a message at 508-325-5332, email rhardy@nantucket-ma.gov or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

CONGREGATE LUNCH is served at the Saltmarsh Monday –Friday from 12-1 for elders 60 and over and their spouses. Call Elder Services at 508-228-4647 to make a reservation or cancellation two days in advance.

VAN TRANSPORTATION-The NRTA provides door to door transportation to elders and persons with disabilities called Your Island Ride. Pre-certification and approved eligibility are required. Service is provided year round, Monday through Friday, 8:00AM to 4:00PM. Trip requests must be made in advance. For more information please call 508-325-7516 or visit www.nrtawave.com.

LEGAL SERVICES OF CAPE COD & THE ISLANDS sends a representative to Nantucket each month and is available March 3, 2016 at the at the Court House, for those who have an appointment. Call 1-800-742-4107 to make an appointment.

SOCIAL SECURITY representatives are available at www.ssa.gov or by phone and are now offering services via VIDEO TELECONFERENCING. A terminal has been installed at the Saltmarsh and will be available the fourth Wednesday of each month from 9:00AM to 12:00PM. This service will allow island seniors to speak directly with a SSA representative to conduct official Social Security business. Please call the Saltmarsh at 508-228-4490 to make an appointment.

The Hyannis office is located at 259 North St. or call 1-866-467-0440. The Falmouth office is located at 48 Research Rd. or call 1-855-881-0212. Both offices are open M, T, Th & F from 9-3 and W 9-12.

SERVICES

PORTABLE RAMP FOR DISABLED PERSONS AVAILABLE The Nantucket Commission on Disability has an eight foot portable ramp and a two foot portable threshold ramp for disabled visitors to borrow while they are visiting the island. The eight foot ramp is used to ramp two or three steps and makes porches, stoops and decks wheelchair accessible. The threshold ramp is used to ramp one step from a porch, stoop or deck and makes a home wheelchair accessible.

If you know someone who could benefit from these ramps please call Brenda McDonough, the facilitator for the Nantucket Commission on Disability, at 508-228-8085 (work) or 508-228-5409 (home).

This is a courtesy service from the Nantucket Commission on Disability.

Elder Services of the Cape and Islands on Nantucket, located at 144 Orange St., has a 10' ramp available. Please call Sheri Hunt at 508-228-4647.

SHINE-SERVING THE HEALTH INFORMATION NEEDS OF ELDERS. Help with health insurance questions by appointment with our SHINE volunteer, Phil Gallagher. Call Phil at 508-228-9836 to make an appointment or drop in on Thursdays from 11-2.

PASSPORTS The Town of Nantucket Department of Human Services, located at the Saltmarsh Senior Center, will accept passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports on Tuesdays from 1:30-4PM and Thursdays between 2:00-4PM, by appointment. Please call Ann Medina, Passport Application Acceptance Agent, at 508-325-7559 to make your appointment. In advance of your appointment, you may preview application forms, information on documentation required, fees, and a wealth of other passport and international travel information, by visiting the only official website for passport information at www.travel.state.gov

RESOURCES

NANTUCKET SENIOR CITIZEN TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind that you can check in with someone daily, consider joining the Nantucket Telephone Reassurance Program. If you or a family member is interested in signing up stop by the Nantucket Police Department at 4 Fairgrounds Road, call 508-228-1212 or go online at www.nantucket-ma.gov/police for more information.

SAFETYNET BY LOJACK

A simple and convenient way to find and rescue individuals with cognitive disorders (including autism, Alzheimer's and other conditions) who tend to wander and become lost. For more information call 1-877-4-FIND-THEM or call Liz Shannon at the Nantucket Fire Department 508-228-2324 X113.

ISLE RETURN PROGRAM

This is a voluntary program on Nantucket that benefits residents and visitors who are at risk for wandering. Family members or caregivers complete an enrollment form which includes a photogram and information useful to public safety agencies involved in a search. The registrant's information is stored in a confidential, information base managed by the Nantucket County Sheriff's Department. The service is provided at no cost. For more information visit the website: <http://www.islereturnprogram.com> or contact the Nantucket Sheriff's Department at 508-228-7263.

911 DISABILITY FORM

The filing of this document with your 9-1-1 Municipal Coordinator will alert public safety officials that an individual residing at your address communicates over the phone by a TTY and/or has a disability that may hinder evacuation or transport. This information is confidential and will appear **ONLY** at the dispatcher's location when a 9-1-1 call originates from **YOUR** address. Call the Municipal Coordinator, Sheila Clinger at 508-228-1212.

VOLUNTEER OPPORTUNITIES

VOLUNTEERS IN POLICE SERVICES

The volunteer program was created in order to enhance and promote innovative public safety programs to meet the needs of this ever growing island community. The Nantucket Police Department actively encourages the involvement of volunteers, local citizens, who volunteer their time and energy to the department, provide public awareness and support, beneficial cost and resource savings to the town, and foster quality of life and well-being in the community. To enhance the mission, goals and efforts of the Nantucket Police Department, as well as promote community involvement, awareness and support. For more information on the Nantucket Police Department's Volunteer in Police Service Program visit www.nantucket-ma.gov/police or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or emailmarshallk@nantucketpolice.com

NANTUCKET COMMUNITY TELEVISION

The Saltmarsh Senior Center has an Organizational Membership at Nantucket Community Television, the Public, Educational & Government Access Channel (PEG Channel). The membership is available to four seniors for non-commercial use to film Saltmarsh events. For instance, special events or talks at the Saltmarsh can be filmed and shown on the PEG Channel. Membership includes training, unlimited access to the NCTV production equipment, and studio space. After training, equipment can be borrowed on a reservation basis, assuming NCTV can broadcast (and webcast) your video on their channel. Some restrictions apply. More information can be found on www.nantucketcommunitytelevision.org in the "ABOUT" section. Seniors who want to use the membership can call the Saltmarsh at 508-228-4490.

ELDER SERVICES OF CAPE COD & THE ISLANDS

Volunteer opportunities are available in many of the programs we offer. You will need to complete an application and provide information for the completion of a criminal background check. Massachusetts law requires this check of all employees and volunteers who will be working with seniors.

- Meals on Wheels – Volunteers needed to deliver nutritious meals while providing a well-being check to homebound elders and their spouses. Monday – Friday 10am
- Congregate Lunch – Volunteers needed to help serve, clear and wash dishes, Monday – Friday 11am – 1pm at the Saltmarsh Senior Center.
- Money Management – Volunteers are needed to assist income-eligible adults 60 and over, who may be at the risk of losing their independence due to their failure to pay their bills on time. Volunteers meet with clients in their homes to assist with balancing checkbooks, paying bills and managing money wisely.
- Long Term Care Ombudsman – Volunteers are needed to visit long term care facilities on a weekly basis to monitor conditions and address residents' concerns.

For more information or to complete an application, contact our office at 508-228-4647.

ACCOMMODATIONS

ACADEMY HILL APARTMENTS- Phone # 508-228-3170, or email academyhill@hallkeen.com.

LANDMARK HOUSE is affordable housing federally subsidized by USDA Rural Development and U.S. Department of Housing and Urban Development (HUD). Landmark House is for those of very low, low and moderate income; 62 years of age, as well as younger disabled individuals. Landmark House residents pay approximately 30% of their adjusted gross income for rent; the federal government subsidizes the rest. Call Executive Director Ella Finn at 508-228-6888 for more information and availability.

ACCOMMODATIONS

THE HOMESTEAD is a private non-profit organization founded in 1930 dedicated to providing residential services to older adults who choose to live a more simplified lifestyle in the company of their peers. The Homestead is located on upper Main Street in a gracious Victorian home and serves individuals who are 65 or older and are able to enjoy a minimally structured environment. There are 13 resident rooms, some with half bath and some with full baths. Services include private rooms, three meals a day served in the dining room, housekeeping and laundry services, medication management, a full-time night supervisor, a stair chair lift between the first and second floors, transportation to appointments, and many recreational activities held during the week.

Please stop by for a visit, or call Tish at 508-228-1135 for more information.

THE RESIDENCE AT SHERBURNE COMMONS - As Nantucket's only senior living community, The Residences at Sherburne Commons combines the advantage of the conveniences of a retirement community with optional ownership opportunities. Whether the best fit is a spacious apartment or comfortable Nantucket style cottage residents enjoy all the amenities and benefits of life at Sherburne Commons. Choose the housing option that best meets your needs and enjoy a maintenance-free lifestyle with time to pursue your interests and passions. Should care needs arise, the right level of support and care is easily accessible on site, allowing your loved ones to remain close by. Independent Living apartments and cottages as well as Assisted Living apartments available, call Chuck Gifford at 508-228-4080 for more information.

SHINE NEWS...

Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) Plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program and fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2015!

Trained SHINE (Serving the Health Insurance Needs of Everyone on Medicare) volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Please call the senior center to make an appointment with the SHINE counselor.

IRISH MEDICAL TERMINOLOGY

Medical Term	Irish Definition
Bacteria-----	Back door to the cafeteria
Barium-----	What doctors do when patients die
Benign-----	What you be, after your eight
Coma-----	A punctuation mark
Fibula-----	A small lie
Labour Pain-----	Getting hurt at work
Medical Staff-----	A Doctor's cane

NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 SALTMARSH SENIOR CENTER
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 PHONE: 508-228-4490
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 Web site: www.nantucket.civicplus.com/169/council-on-aging

NON-PROFIT ORGANIZATION
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PROGRAM COORDINATOR---LAURA STEWART
 PROGRAM ASSISTANT---GINNY CARRERA
 NANTUCKET COUNCIL ON AGING, CHAIRMAN---THOMAS McGLINN
 NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 ---PRESIDENT---NANCY SWAIN
 ---PRESIDENT EMERITUS---KEITH KREWSON

Council on Aging Board's Mission

1. Identify the total needs of the elderly population.
2. Inform the community and enlist the support and participation of all citizens concerning these needs.
3. Design, promote, or implement services for the elderly in the community.
4. Promote and support other programs which are designed to assist the elderly in the community.

Nantucket Center for Elder Affairs, Inc. is the 501(c) 3 non-profit corporation which fundraises for the facility and program needs at the Saltmarsh Senior Center located at 81 Washington Street, Nantucket, MA 02554.

The Nantucket Center for Elder Affairs, Inc. is committed to assisting the Saltmarsh Senior Center and advocating on behalf of Nantucket's senior citizens by providing ongoing support and assistance to the Saltmarsh Senior Center in a cooperative and advisory atmosphere of collaboration.

FUNDING FOR OUR WELLNESS AND FITNESS PROGRAMS IS MADE POSSIBLE THROUGH
 THE
 EXECUTIVE OFFICE OF ELDER AFFAIRS STATE'S FORMULA GRANT, TOWN FUNDS AND DONATIONS FROM OUR
 PARTICIPANTS

DONATIONS may be made to support the Saltmarsh Center programs through our non-profit corporation: Nantucket Center for Elder Affairs, Inc. Donations may be restricted or given to support our general fund. Another way to give is to USE THE SPECIAL RENEWAL CARD (available @ the Saltmarsh) for subscription, renewal or a gift to YANKEE MAGAZINE. Subscriptions are \$20/year, of which \$10 is donated to the Center. You may also consider donating shares of stock, or remembering us in your will. We are a 501©3 charity and all donations are tax deductible.